

COLON PLAZA, SAN JUAN

clace farther south, it is not nec- ories, new and absorbing. essary for him to abandon the protection of his own flag. Let him pick out Porto Rico for his holiday, and he follow the route of the splendid Miliwill simply be transporting himself tary road, most conspicuous monufrom one section of the republic to an- ment left by the Spaniards, a highway other. Four and one-half day's sail 84 miles in length over the central from New York will land him at the mountain range from San Juan on the quaint old capital city of San Juan, northern coast to Ponce on the southgirdled with ancient walls, and boast- ern coast. A line of motor vehicles ing a combination of Spanish-tropical traverses this highway. The only railand modern American civilization of road on the island makes two-thirds of surpassing interest.

as a brick," and this is literally so. pal towns, which are situated on the It is a parallelogram in shape, 100 coast. The fare for the motor ride miles long and 36 miles broad, and on is eight dollars, and it gives a firstits 3,500 square miles it supports a rate opportunity of seeing the inland population of 1,000,000 souls, 600,000 vegetation of Porto Rico. of them whites of Spanish extraction, 60,000 negroes, and the remainder colprogressed noticeably, both commercially and socially.

To the traveler its chief attractions, the voyaging American sights the towduction from the educational efforts of the opinion of the Appellate Court, Says the colleen, "Ah, get away with solid body. For the Irish never do who married Harold Fowler McCorering mass of El Yunque, or "The Anthe agriculture station at Mayaguez. and until he does he will not make up vil," the crowning pinnacle of the range of hills forming the island's backbone, which soars 3,600 feet above the sea. Then presently one perceives the bulk of old Morroevery fortified Spanish town in the house roofs of the city shelving up beaway along the seaward face the crenellated wall built by Spanish Conquistadors, which connects with the fortress of San Cristobal.

City of Enchantment.

San Juan is a city of infinite enchantment. Here one finds bewildering, but delectable, labyrinths of narrow, canyonlike streets, over which jut old world balconies, latticed and mysterious, through which jangle up-todate American trolley cars, shouldertives. There is the great gray pile of hand and the Atlantic on the other. the cathedral, which contains the ashes of Ponce de Leon, "first Adelantado of Florida, first Conquistador and governor of this Island of Juan," and many another famous don. There is the famous Casa Blanca, or Castle himself, hundreds of years ago, on a point projecting out into the ocean, still complete and every bit as medieval as when he left to venture on his last quest for the "Fountain of Youth." There is the vast mass of the Cuertal de la Ballaja, the barracks erected for the Spanish garrison, a ponderous pile of masonry, three stories in height, covering, with its patio, a space of 77,000 square meters, and of our army.

It is hopeless to try to enumerate the out-of-the-way attractions of San Juan, a city which is utterly unlike anything the stay-at-home American has ever seen. It is Europe-and yet it possesses an abundance of charms that European cities lack. It is Span- tween, and the French at the battle ish, Moorish, tropical, and, above all, of Blenheim made it their left flank. Caribbean Just fancy a city, for in- The attack on the village had failed stance, which is inclosed by walls, and and Marlborough risked the crossing to enter which you must pass through of this marshy stream, although the massive gateways-and an American withering fire of the French artillery city at that. But there is a modern and the assaults moved down his men side of San Juan, a very modern side. like corn. But he not only succeeded It has all the facilities of business and in getting his own infantry and cavcomfort to which Americans are used. alry across, but routed the enemy Here are fine banks, office buildings, when he had done so. It is recorded

THE patriotic American who er one has seen San Juan there is the wearies of the rigors of his home rest of Porto Rico to discover, every climate in winter wishes to seek mile of it containing fascinating mem-

Forty Rivers in the Island. All travelers, as a matter of course its circuit, and some day will be com-Porto Rico has been called "square pleted so as to link all of the princi-

There are forty rivers in Porto Rico, ored people. It is one of the most well-watered soil is tremendously prodensely populated islands of the West lific. On every hand one sees sugar Indies, and under American rule it has plantations, tobacco fields and coffee growing on a wholesale scale. Indeed, there is very little unoccupied land on of course, are its picturesque scenery. to their holdings, realizing the wealth the island. Even the poor people cling old world customs, and luxuriant trop and the benefits constantly accruing ical vegetation. From far out at sea to them in the way of increased pro-

The United States government, how- his mind as to what recommendations rugged mountainous region of the east Justice at Washington as to future ern section as a forest preserve. This proceedings. It will be for United tropical wilderness is densely clothed States Attorney-General Gregory to with verdure, bits of it having never Caribbees had its Morro, as one soon been explored, it is said, and embraces ommendations, whether the Governate at all! A fit of the blues and a streak self-sacrifice. Don't think that it was in its extent the cloudtipped cone of | ment will go to the expense of retry-El Yunque, previously alluded to. ing the case. There is a possibility hind it, tier on tier, and stretching Ascents of this mountain are more difficult than might be supposed. owing to the virgin condition of its forests, but they are well worth while, especially if the day be clear. Upon such occasions one may view the entire island, and glimpse the neighboring islands of Culebra and Vieques. Another point of interest, famed for its magnificent view, is the Albonito pass, the summit of mountains crossed by the Military road. One pauses here for a few moments to view through ing aside the bullock carts of the na-

Making Sleep a Business. Eight hours' sleep, eight hours of work and eight hours of recreation is a good recipe for the average man of Ponce de Leon, which he built for and woman. This may vary more or less, according to strength, nerves and occupation. When you feel worn out, drop every other consideration and try to re-establish normal rest. Though the causes and needs of sleep are still somewhat of a mystery, we know that the activity of the brain cells is reduced. They are occupied in taking nourishment from the blood. Better results are had when the head rests low and the windows are wide open, now housing the Porto Rican regiment giving plenty of oxygen to the lungs. This creates a new supply of energy for the waking and working hours.

Battle of Bienheim.

The Nibel river where it falls into the Danube is divided into several branches, with marshy ground behotels, retaurants and clubs. And aft- that the river literally ran blood.

REACY WITH AN EXPLANATION and the sculptor-a clever man, but

Guide a Little Short on Ancient History, but Proved a Hard Man to Corner.

The uniformed guide at an English provincial art gallery deeply Impressed a party of excursionists by the ease with which he reeled off the names of the bronze and marble busts.

and that one in the corner is Call- its school plant; and the owner of the gula," he explained. "The marble auto frequently spends as much on bust with the shaggy beard is Virgli-"

"Pardon me," an elderly bystander interrupted, "but you are giving our friends from the country misleading information. The gentleman with the beard is not Virgil, but Homer, This other one is Virgil."

The guide recognized that his reputation was at stake, and turned on the daring bystander.

"See here, Mr. Clever, you think you know it all, but you've backed the "I was here when the busts was made, | five?"-Town Topics.

rather fond of his glass-got drunk one day, and chiseled 'Omer's whis-

kers on poor old Virgil's chin!" Then the bystanders gasped, and the guide went up with a bound in the general estimation.

Autos and Schools

One farmer with a cheap automo bile has more invested in that one plece of mechanism than the average This is Dante, and this is Lycurgus, rural community as a whole has in the upkeep of his one car as the community spends for the total maintenance of the school, including the

Sarcastic Married Man.

teacher's salary.-Exchange.

"Yes," said the bachelor, with the a point of giving up certain pleasures | Von Pappenheim, who went to Manduring Lent." "Huh!" snorted the churia some time ago, ostensibly on a married man. "You bachelors have a hunting expedition, in reality was encinch on that sort of thing. What are deavoring to incite the natives to cut pirates and came armed to meet them, wrong hoss this time," he retorted, forty days to three hundred and sixty- the trans-Siberian railway

RETRIAL OF N. C. R. CASE

IS GRANTED BY FEDERAL COURT OF APPEALS BECAUSE JUDGE ERRED.

IMPRISONMENT IS ESTOPPED

Trial Court Reversed For Many Reasons-Decision May End Lengthy Litigation.

CHRONOLOGY OF CASE

February 22, 1912-Indicted. November 19, 1913-Trial in disict court began February 13, 1913-Verdict of guilty returned.

February 17, 1913-Judge Holliser passed sentences. July 13, 1913-Applications for writ of error made by the N. C. R.

Co. and granted same day. October 6-8, 1914-Argued before court of appeals, Judges W. R. Day and D. J. Cochran, of Kentucky, and Sanford, of Tennessee.

March 13, 1915-Lower court decision reversed and case remanded for new trial.

Western Newspaper Union News Service Cincinnati, O .- John H. Patterson, President of the National Cash Register Co., of Dayton, Ohio, and the 26 other present and former officials and sales managers of the company, who were convicted and given prison sentences in the local United States District Court 25 months ago on charges of violating criminal sections of the Sherman antitrust act, won a signal victory when United States District Judge Cochran, of Kentucky, who, with United States Supreme Court Justice William R. Day and District Judge Sanford, of Kentucky, heard the arguments in the appeal, handed down the decision of the United States Circuit Court of Appeals reversing the lower Court and remanding the case for a new trial.

Question of Retrial.

Whether the Government will retry Patterson and his associate defend ants is not known. United States Dis trict Attorney McPherson, who directed the prosecution, stated that he had not opportunity to carefully go over say, after receiving McPherson's recthat McPherson and his associates will appeal to the United States Supreme Court for a writ of certiorari for a review of the case, particularly of the ruling of the Circuit Court of Appeals, which knocked out the two last counts of the indictment.

DEFICIT AT END OF JUNE

May Reach \$150,000,000, Fitzgerald Declares-Sale of Panama Bonds May Be Necessary.

Washington .- Alarm over the financial condition of the federal government is expressed by Representative Fitzgerald, of New York, Democratic chairman of the house committee or appropriations, and Representative Gillett, of Massachusetts, ranking Republican member, in official statements issued dealing with appropriations to the Sixty-third congress. As has been stated in the press, last congress was the most lavish in the history of the government, notwithstanding the earnest pledge of economy made by the Democratic party in its last national platform. Chairman Fitzgerald discusses the situation with about as much frankness as Gillett and points out that the deficit at the end of the present fiscal year, June 30, is likely to reach \$150,000,000.

On March 2 it was \$108,431,000, in round numbers, and increasing at the rate of \$5,000,000 a month. Fitzgerald anticipates a further deficit of about \$12,000,000 in the postal service, and this will bring the aggregate to \$150. 000,000. The working capital of the government, or the available cash balance in the treasury, as it is called, will be wiped out totally in a few months, Fitzgerald fears, and will have to be replenished by funds raised from the sale of Panama canal bonds. or by the issue of one-year 3 per cent certificates of indebtedness.

STREET RAILWAY RETRENCHING

Memphis, Tenn.-Increasing patron age afforded jitney buses has caused a retrenchment on the part of the Memphis Street Car Co. President T. H. Tutwiler announced that because of decreased revenue and the depression of business conditions the shop force would be reduced and revision of schedules would be made commencing Monday, March 15. The shop and outside repair force will be reduced 30 per cent. A number of employes will be laid off.

MILITARY ATTACHE ARRESTED.

Paking .- The Chinese Government has lodged a protest with the German legation concerning the activities of Captain Rabe Von Pappenheim, Ger- two miles from the place now known man military attache at Peking, and has ordered his arrest. At the Rusconscious pride of sacrifice. "I make sian legation it was said that Captain

Ireland's Patron Saint



On March 17, in or about the year 465, St. Patrick, consecrated bishop of Ireland, died at Saul, in County Down, Ireland, in the seventy-eighth year of his age. Today, more than fourteen centuries later, his day is celebrated with reverence and with rejoicing throughout the English speaking world. for the Irish are everywhere, and nowhere now are they hanging men and women, too, for the wearing of the green.

IRELAND'S SAINT,

Who Brought Christianity to the Beautiful Shores of the Green Isle.

BY A COLLEEN. Erin's a spot famous for greenery,

But we do not match with our scenery, We're not so green we can make hay with

rock that best tell the story of it. the story of Ireland are the story of Easter eve. The royal command was Saint Patrick himself. Are you telling sent to Patrick to present himself to me you never heard it? More shame the court at Slane. There he was reto you that don't know the praises of ceived with dudgeon and welcomed by the greatest of saints.

the Rocks of Clyde, in what is now part of Ireland he wished. Scotland. His father and mother were tending of cattle in the valley of the of Inisfail, what matter? Braid, not far from Broughshane. In

Ballyligpatrick or Patrick's Hollow Six Years of Slavery. and gave him free passage back to his grafted graciously upon them

Home again after six years of bondage, you'd think he would settle down family he determined to go back to Ireland and be a missionary; and he the time when most boys of his age were in school he had been away tending the cattle of his master, so it was small book-learning he had, and the task of preparing himself was a hard one, but he spent years in monastic schools and more than twenty of them had passed before he set sail to an-

declared was calling to him. He would bring happiness to the isle of Destiny by way of Christianity -wasn't that a noble mission? And they were ripe for his hand. He landed near the wouth of the River Slany, as Saul. At that time there were many divisions and as many rulers in Ireland, each brave clan being a law unto itself. St. Patrick made straight for the nearest chief, Dichu, who but when St Patrick spoke to him the

melting sweetness of his message turned Dichu into a stanch friend on AND HIS WORKS the spot, and straightway he gave a barn to be used as a temporary church and land on which to build a perma-Colleen Tells the Story of the Life nent one-and the place is known to

Peaceful Conquest of Erin.

ered together the chiefs and their time. clans that had been warring among chivalry responded to the appeal of feller Jr. ND is it green you're after think the apostle of Erin. It wasn't giving A ing we are? Then turn your in to the church with one hand and telligent eyes upon us, for it's snatching back with two they wereprobably due to us that you have an not a bit of it-only each one trying intelligent eye to turn upon anything to outdo his neighbor in goodness and of yellow may make one kind of green all easy sailing. The saint met with -the green young thing that hops out much opposition and had many threats of life at a halter's end, mayhap; or made on his life, but that didn't feaze the pale green of envy in a foolish eye. him one whit. The strongest oppo-But the sweet, restful green that nat nents he had were the Druids, as the ture painted the isle was never that pagan priests were called. He deterkind of a color. 'Tis the bright, cool mined to put a stop to them, and went and happy shade of the leaves and right into their stronghold at Tara, growing things like the bit of a sham- where they were holding high jinks, and began the celebration of Easter And the story of the shamrock and by lighting the Easter fire, for it was the royal bard Dubbthack. It was just Maybe you're one of them that what he wanted and he began to thinks the blessed man was born in preach to them and converted more France-France, ochone! Heaven save than half of them on the spot, gaining the mark, 'twas in Dumbarton, called the king's permission to preach in any

No need to tell him twice. From Christians, after a fashion that is, and Connaught he traveled to the Lakes they were subject to the Roman in- of Killarney, from the east to the west fluence, Scotland having been licked and from the north to the south, back by the Caesar, which Ireland was not. and forth he went baptizing thousands. A lad of sixteen he was when they His last years were spent near Saul. nabbed him and, turning the prow of advising and teaching those who were the coracle down the Clyde, headed to take up his work and follow after for a spot near the Giant's Causeway. him. And on the 17th of March, in Once landed it was not long before he the year 493, "he was translated to was sold to Milchu, son of Hau Bain, heaven." Much has been said about who was king of Dalaradia. His duty just where his grave is, but as long as thereafter was none other than the we know that his ashes rest in the soil

And today Erin's sons are scattered that valley there is still a town called far and wide doing the world's work. Literature, science and art have drawn from the Irish resources, not to men-Six years he slaved and planned, tion that hardworking team, "Mike and and then at the age of twenty-two he Pat," that keep body and soul together ran away. Away from Milchu and the for half of the vaudeville performerscattle and down to the sea at Killala nothing is so easy to attempt as the in the County Mayo, he went. A boat Irish brogue. Maybe you've noticed was ready to sail when he reached that the underdone bits are rarer than there-it was about two hundred miles the overdone ones? Professional hufrom the valley of the Braid-but he morists, bad manners to them, would had no money and the sallors refused become extinct entirely if the same to give him passage. Fearful of dis- pair were not handy to have smart ancovery, he went into the wood of Fo- swers wished onto the onds of their clut, there to hide till he could get tongues. "Tis not saying the Irish are away safely, but the satiors' hearts be not witty I am, but only so good-natcame softened, and they sent after him | ured that the sins of the world are

Relics of St. Patrick.

There are many valuable and potent and be content, now wouldn't you. But refice of St. Patrick. A humble family no. Contrary to the wishes of his Lear Relfast treasures most carefully a curi-daly embossed silver case. In it is a piece of jawbone which once held began to prepare himself for it. Now five teeth. Two of these teeth were given to members of the family who migrated to America, and are, ho doubt, somewhere treasured by those who make their home in the new world Another of the teeth is deposited under the altar of a church at Darrieghy. The especial virtue of this relic is most highly appreciated by swer the "voice of the Irish" that he families where a child is expected, and childless women pray before it for the gift of offspring.



JOHN D.'S WIFE DIES MOTHER! LOOK AT

MRS. ROCKEFELLER SUCCUMBS SUDDENLY AT HOME AT PO-CANTICO HILLS.

HUSBAND AND SON ABSENT

Oil Magnate in Florida When End Came-Sister at Bedside-Wife of World's Richest Man Was Seventy-Six Years of Age.

New York, March 15 .- Mrs. John D. Rockefeller, wife of the richest man in the world, is dead. She passed away Friday morning at 10:20 at the Rockefeller home at Pocantico Hills, after an illness of several months. She was seventy-six years old last Sep-Although Mrs. Rockefeller had been

an invalid for many months, it is understood that her death came unexpectedly. Her husband and her son were at Ormond, Fla., and were advised that Mrs. Rockefeller had taken a critical turn for the worse. Mr. Rockefeller and his son immediately engaged a special train. Mrs. E. Parmalee Prentice, Mrs. Rockefeller's daughter, and Miss Lucy Spelman, her sister, were the only immediate relatives present when she died.

Laura Celestia Spelman Rockefeler was born in Kadsworth, Ohio, of well-to-do New England parents, on September 9, 1839. She was her husband's junior by two months. As a child she lived in Wadsworth, in Burlington, Iowa, in Akron, Ohio, where her father, Harvey B. Spelman, achieved a competence in the dry goods business, and later in Cleveland In the grammar school at Cleveland she met John Rockefeller, when they were fifteen years old.

Rockefeller was a country boy. She vas the daughter of one of Cleveland's eading citizens. His home was a Httle farmhouse; hers, one of Cleveland's handsomest residences. Notwithstanding other differences, the awkward youth and the city girl had in common a love of study and simple tastes, and they became fast friends.

Young Rockefeller prospered beyond his fairest hopes. As soon as he felt that he could ask her to become his wife he did so. They were married September 8, 1864, the eve of her and Labors of the Beloved Preacher this day as Saul, (Saul meaning barn). keep house in a little two-story brick residence on one of Cleveland's side So the blessed man went up and streets. Upon her marriage she bedown the island leaving the broad came a Baptist, and to her religion track of light behind him. He gath- and her home she devoted her entire

The surviving children are Alta, themselves and he made them into one wife of E. Parmalee Prentice; Edith, things by halves, and their love and back of Chicago, and John D. Rocke-

U. S. MAN SLAIN IN MEXICO

J. B. McManus Murdered in Home at Mexico City by Zapatistas-U. S. Flag on House.

Washington, March 15 .- President Wilson and his cabinet, in session on Friday, were informed of the assassination by Zapatistas in Mexico City of John B. McManus, an American citizen, of Chicago; that the American flag was ignored and insulted, and that the United States consular seal on the residence of McManus was violated when he was shot. The cabinet discussed the case at length. Later Bryan announced that the demand for punishment and indemnity would be insisted upon. The American demands were served by Brazilian Minister Cardozo directly upon General Salazar, the Zapata general

in command of Mexico City. Two thousand Mexicans stormed the national palace in the capital to se cure the liberty of 250 priests said to be imprisoned. The effort failed, but it was followed by a riot in which Gustavio, the chief of police of Mexico, was stabbed. Two Mexicans were killed and at least twenty persons injured. It was said that when the Zapatistas had control of the city Mc-Manus had trouble, and when they attacked him in his home he killed three of them. After killing McManus. the slayers are said to have looted the

173 DIE ON BRITISH CRUISER

Commander and 172 Others Go Down With the Bayone-Torpedoed by German Submarine.

London, March 15 .- The admiralty ssued an official statement reporting the loss of the auxiliary cruiser Bayone while on patrol duty. Evidence points to her having been torpedoed by a German submarine. But 27 of the Bayone's crew of more than 200 were saved. Fourteen officers drowned, including the commander. The Bayone was a steel twin screw steamer of 5,984 tons. She was built in Glasgow in 1913, was 416 feet long.

Threatened Strike is Averted. Milwaukee, Wis., March 15 .- The threatened brewery strike was prevented when the brewery owners and the workers signed a three-year contract, which calls for an increase in wages of \$2 per week,

General Joffre Thanks Woman. Paris, March 15 .- General Joffre, the French commander, has sent a letter to Mrs. Clara W. Lopp of New York, thanking her for the large supply of tobacco she gathered for distribution among the soldiers.

Rounding Up Night Riders. Louisville, Ky., March 12 .- A round up of night riders in Hopkins county continues. Officers surprised six mer indicted by the grand jury and landed them in jail without resistance. This makes 12 arrests on 35 indictments.

Horses Bring Big Money. Chicago, March 12.-Horses sold in America to European nations at war. during the last five months of 1914. brought \$15,000,000, according to fig ures given out by Wayne Dinsmore, secretary of the Percheron society.

CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs"

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is ofttimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for bables, children of all ages and for grown-ups plainly printed on the bottle. Adv.

His Guess.

Mrs. Bacon-This paper says disinct traces of light have been detected in the ocean at depths of more than 3,000 feet by an English oceanographical expedition. Mr. Bacon-Some of those careless

SAGE TEA AND SULPHUR DARKENS YOUR GRAY HAIR

mermaids left the gas burning, I

Look Years Younger! Try Grandma's Recipe of Sage and Sulphur and Nobody Will Know.

Almost everyone knows that Sage Tea and Sulphur properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is

mussy and troublesome. Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger.

The Way It Goes.

"Judging from the way that man talks, he must be fairly hard up. Do you suppose he's hungry?"

"Oh, no. He's been keeping six motor cars and has had to dispose of one. The man who's consoling him gets a salary of \$2,000 a year."

An Apt Student,

A young woman who came to Columbia to take her degree of doctor of philosophy, married her professor in the middle of her second year. When she announced her engagement one of her friends said:

"But, Edith, I thought you came up here to get your Ph. D." "So I did," replied Edith, "but I had

no idea I would get him so soon."

A Philosopher.

"Week before last," said the kind lady to the paralzyed beggar, "you got a dollar from me because you were deaf and dumb. Last week I gave you a quarter because you were blind, before I realized that you were the same man. Now you ask for money because you are paralyzed." "Yessum," said the beggar. "Them's-

"Don't you think you'd do better if you chose one affliction and stuck to 1?" asked the lady. "No, ma'am," said the beggar. They's nothin' so fatal to the full de-

he facts.

velopment o' all one's nateral powers. as narrer specialization."-Judge CHILDREN SHOWED IT

Effect of Their Warm Drink in the Morning. "A year ago I was a wreck from cor-

fee drinking and was on the point of

giving up my position in the school room because of nervousness. "I was telling a friend about it and she said, 'We drink nothing at meal time but Postum, and it is such a com-

fort to have something we can enjoy drinking with the children. "I was astonished that she would allow the children to drink any kind of coffee, but she said Postum was not coffee, but a most healthful drink for children as well as for older ones, and that the condition of both the chil-

dren and adults showed that to be a "I was in despair and determined to give Postum a trial, following the directions carefully. It was a decided success and I was completely won by

its rich delicious flavor. "In a short time I noticed a decided improvement in my condition and kept growing better month after month, until now I am healthy, and do my work in the school room with ease and pleasure. I would not return to nerve-

destroying coffee for any money. Name given by Postum Co., Battle Creek, Mich: Read "The Road to

Wellville," in pkgs. Postum comes in two forms: Regular Postum-must be well boiled. 15c and 25c packages.

Instant Postum-is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage Instantly, 30c and 50c tins,

Both kinds are equally delicious and cost per cup about the same. "There's a Reason" For Postum.

-sold by Grocers.